

5 A Day Recipes

Side Dishes

Baked Onions

Serves 4

- This is an easy way to enjoy the sweet taste of onions
- 4 medium sweet onions
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup balsamic vinegar
- 2 teaspoons arrowroot or cornstarch
- mixed with 2 tablespoons water

Preheat oven to 350° F. Peel the onions. Place them side by side into a small casserole. Pour the water and balsamic vinegar over and around the onions, and bake for 2 hours. When softened, thicken remaining juices with arrowroot or cornstarch mixture. Serve onions with the sauce.

Nutritional Analysis

Calories: 74
Fat: 0 g
Cholesterol: 0 mg
Fiber: 3 g
Sodium: 9 mg
% Calories from Fat:

This is an official 5 a day recipe, and provides four people with two servings of vegetables each.